

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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A908 – BEANS, CANNED, BLACK (TURTLE), DRY, LOW SODIUM, #10



Nutrition Information

Beans, black turtle soup, solids and liquids

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> US Grade A canned dry black (turtle) beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains not less than 106 oz beans and liquid. One #10 can AP yields 59.7 oz (about 6⁵/₈ cups) heated, drained black (turtle) beans and provides about 26.7 ¼-cup servings heated, drained black (turtle) beans OR about 13.3 ½-cup servings heated, drained beans. CN Crediting: ¼ cup heated, drained black turtle beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained black (turtle) beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Heat without added salt and serve alone or use as directed in recipes.

	¼ cup (60 g)	½ cup (120 g)
Calories	55	109
Protein	3.62 g	7.24 g
Carbohydrate	9.94 g	19.87 g
Dietary Fiber	4.4 g	8.3 g
Sugars	N/A	N/A
Total Fat	0.17 g	0.35 g
Saturated Fat	0.04 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.14 mg	2.28 mg
Calcium	21 mg	42 mg
Sodium	70 mg	140 mg
Magnesium	21 mg	42 mg
Potassium	185 mg	370 mg
Vitamin A	2 IU	5 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	N/A	N/A

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USES AND TIPS	<ul style="list-style-type: none"> Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. NEVER USE foods from cans that are leaking, bulging, or are badly dented. DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.